



## Celebrate Long-Term Living!

During the last century, the average American lifespan almost doubled! Older Americans are now living longer and healthier than ever before. At the same time, the baby boomers (those 78 million individuals born between 1946 and 1964) will start turning 60 in the year 2006. This is a cause for celebration. More than ever before, the wisdom that can only be accumulated over time will be available to succeeding generations.

Fewer older adults are requiring the kind of long-term institutional care that was once standard for our seniors. Today's Americans have more options and are choosing to enjoy more home and community-based long-term alternatives. Older individuals' continued active engagement in life benefits all generations. This is the time for the nation to begin planning to care for and capitalize on older Americans as one of our greatest assets.

This May, as we celebrate Older Americans Month, we will be considering the impact of the momentous event of the aging of our population. The theme "Celebrate Long-Term Living!" was selected to focus on what we have accomplished, and to highlight the need for mid-life and older persons to be better prepared for living out their golden years. Older adults and baby boomers need to make thoughtful choices now so they will be more likely to stay healthy, productive, and financially secure in their later years.

The U.S. Administration on Aging (AoA) wants all Americans to know that better planning, better community-based long-term care options, and more consumer-friendly systems are helping more older Americans remain vibrant and independent. This is an important part of the general movement in our country toward more consumer choice. Studies have shown that, given the choice, older adults opt to remain in their own homes and communities for as long as possible. AoA is proud to sponsor programs that help them do just that. Using the best science and technology available, as well as the indispensable element of human caring, we are implementing programs that help older persons eat better and move about more, that highlight the positive benefits of civic engagement, and that redefine aging in our society.

The [NAME OF YOUR AGENCY] is one organization providing AoA-sponsored programs to help older citizens celebrate long-term living. We invite contributions from all who would like to help. In addition, we remind everyone that it is never too early to begin to explore the options available to you and your loved ones. We urge you to begin planning for your later years now. Please call us at [YOUR NUMBER].

